

Lesson Quiz 13

Lesson Quiz

FOR USE WITH CHAPTER 5, LESSON 3

Directions: Read each statement carefully. If the statement is true, place a plus (+) in the space provided. If the statement is false, cross out the italicized word(s) and write the correct word(s) in the space provided.

- _____ 1. You should base a healthful eating plan on the guidelines in the *Food Guide Pyramid*.
- _____ 2. Corn syrup is a type of *protein*.
- _____ 3. Eating foods with less fat decreases the risk of *cardiovascular disease*.
- _____ 4. Processed foods often contain high amounts of *protein*.
- _____ 5. A healthful eating plan *can include sensible snacks*.

Directions: In the space provided, write the term from the list that best completes the statement.

- . The _____ is a booklet of recommendations for healthful eating and active living.
- . The _____ can help you make healthful daily food choices.
- . To maintain fitness, you should include about 60 minutes of _____ every day.
- . Most of your daily servings of food should come from the _____ group.
- . Consuming too much _____ can lead to high blood pressure.

Dietary Guidelines for Americans

Food Guide Pyramid

grain

physical activity.

sodium